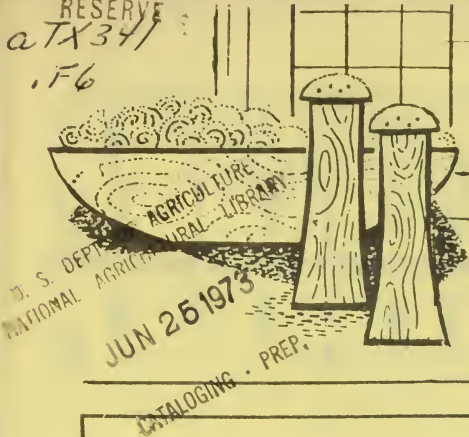


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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION WASHINGTON, D. C.

October 4, 1971



USDA RESEARCH

Your Diet and You

Store mellow apples uncovered in the refrigerator. Unripe or hard apples are best held at cool room temperature (60 to 70°F) until ready to eat. Use ripe apples within a week for best quality, according to the U.S. Department of Agriculture.

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Asparagus should be stored in the refrigerator crisper or in a plastic bag after trimming and discarding tough parts of the stalk. Use asparagus within one or two days, according to USDA food researchers.

* * *

To reduce your food bill you might use molasses instead of white sugar in such foods as baked beans, cookies, puddings, and bread. Children like it and it adds flavor to food value.

* * *

Don't try to replace liquid lost during the home canning process. Loss of liquid does not cause food to spoil, though the food above the liquid may darken. If you opened the jar to add liquid after processing you would let in bacteria, according to USDA, and you'd have to process it again.

* * *

Yes, you can safely can foods without salt. Salt is used for flavor only and is not necessary for safe processing.

Carbohydrates are the starches and sugars in your diet—basically they provide the fuel for your body. They help to give you "go-power." Carbohydrates may possibly affect fat metabolisms as well as hormone status. If this is true—and human nutrition scientists at the U.S. Department of Agriculture are trying to find out—it may be possible to avoid development of a metabolic pattern believed by some scientists to promote atherosclerosis in man.

It may be possible to avoid the pattern in which the liver synthesizes fat frp, carbohydrates at an excessive rate. USDA's Agricultural Research Service scientists not only seek an explanation of the way carbohydrates are involved, but they hope to be able to identify the people who are likely to develop this metabolic pattern.

Liver metabolism, which produces most of the fat-protein found in human blood plasma; and insulin status, known to be importantly involved in human atherosclerosis are the two target areas of the USDA research.

USDA experiments suggest that insulin status early in life may have important, long-lasting effects on enzymes and fat metabolism. The oft repeated expression, "You are what you eat," might be true!

USDA-3173-71

NOW IS THE TIME

....To plant spring bulbs

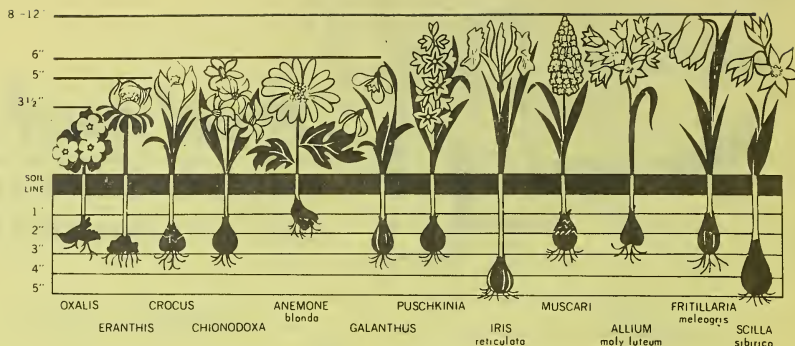
It's time to look ahead, gardeners—spring flowering bulbs are hardy plants that require little care and they provide early color in your garden or yard at a time when few other plants are in bloom.

In most areas, spring flowering bulbs should be planted in the fall so that roots can develop before the ground freezes, a U.S. Department of Agriculture bulletin notes. Home and Garden Bulletin No. 136, called "Spring Flowering Bulbs," discusses selection of bulbs, planting, care of bulbs, and forcing bulbs. Also, the 14-page publication has charts showing how deep to plant bulbs and how high they normally grow. Pictures of some of these bulbs are also included.

You can use bulbs anywhere in your garden and some make excellent flowering plants for indoor arrangements. Planted outdoors, some are best suited for border plants. Others should be grouped for large masses of color. And many of them can be scattered in lawns or planted among shrubs as ground cover.

Some of the more uncommon bulbs mentioned are bluebills and squills, oxalis, snowflake, winter aconite, snowdrop, anemone, and glory-of-the-snow.

If you want to know even more about bulbs, you may also order the booklet on "Summer Flowering Bulbs" which offers an alphabetical list and description of how to plant and manage the more commonly grown summer flowering bulbs. Usually these are planted in the winter—February or March—indoors. These bulbs cannot be planted outdoors until danger of frost has passed in the spring. Each booklet sells for 15 cents and may be ordered from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.



NUTRITION EDUCATION

It's Happening in New England.

Nutrition education—how do you teach it? What can you do to communicate to children the valuable messages of attaining and maintaining total health? How do you stress the importance of creating a fresh and relaxing atmosphere at mealtime? Some of the answers posed by these questions will be projected by an educational television series on nutrition which is now being planned by the U.S. Department of Agriculture and the New England State Educational Council.

The ten-program T.V. series will be aimed primarily at school food service personnel but will also be directed to parents and others interested in school children, and the general public. Emphasis will be placed on the importance of a pleasant mealtime environment with stress on improving the diets of children and youth for the nutritional requirements necessary for optimum growth and development.

A structured course for school food service workers in addition to the public broadcast will be given and the work may be used for State accreditation for school food service personnel. Course materials and tests will also be provided. This pilot project in nutrition education will be made available in other states after original showings.

Dr. Frederick J. Stare, Professor of Nutrition and chairman of the Department of Nutrition, School of Public Health, Harvard University and his staff, will serve as consultants for the Education Division of Educational Foundation, WGBH, Boston, producers of the TV series.

The project is being funded by the USDA's Food and Nutrition Service. State Departments of Education in Maine, New Hampshire, Vermont, Massachusetts, Rhode Island and Connecticut initiated the plan.

Opening of the school year '72 is the target date for the programmed series.

LOOK AHEAD PLENTIFULS

—November's Bounty

November—a time of nostalgia and feasts—a time for family and friends. A time to give thanks for the good things in life, with time honored dishes which everyone expects at this season. Dig out Grandma's tried and true recipes and add zest to your menus. Menu planning is an art—for better nutrition—try it!

Pork and rice are featured in keeping with the seasonal mood on the U.S. Department of Agriculture's Plentiful Foods List for November. Start your menu planning now to include turkey, broiler-fryers, eggs, potatoes (instant mashed potatoes and frozen french fries) apples, applesauce and apple juice; cranberries, cranberry sauce and cranberry juice cocktail; prunes and prune juice; fresh and canned pears.

Try a menu of a pork crown roast with rice and apple stuffing—rice cooked in equal amounts of apple juice and water. If you want roast turkey with minimum leftovers, you could have the butcher saw a frozen one into halves or quarters and roast part now—part later.

Nutrition tip: Pork is high in nutritive value—an especially rich source of thiamine (vitamin B) and it supplies other B vitamins and iron. It's a good source of protein, too.

Calorie watchers: A 3 ounce serving of cured ham, fat trimmed off, contains about 160 calories.

COMMENTS & INQUIRIES TO:

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